

WORLD'S HOME MAGAZINE.

THE ANGEL OF THE BELLS.

Rose Verdere's Part in Unravelling a Murder Mystery of Notre Dame Tower.

THE LADY WITH THE BLUE VEIL.

Amateur Detectives, Aided by the Bell-Ringer's Daughter, Track Down the Murderer.

BY F. DU BOISGOBEY.

SYNOPSIS OF PRECEDING CHAPTERS.

A man, calling himself the Marquis of Pans, has thrown a wife from the tower of Notre Dame Cathedral, their child, Sacha, is rescued by a Baron Merdieu, who, with Daubrac, a doctor, Fabreguette, an artist, and Rose Verdere, whom Daubrac loves, decide to track down the murderer. Capt. St. Brice also tries to bring Pans to justice. Pansorio relates the story of the letter's best friend, Judge Malverne, Pansorio, by a ruse, induces Mme. de Malverne to go to St. Brice's house. He then, by an anonymous letter, sends her husband to St. Brice's house. She learns of the plot, arrives in time to warn St. Brice and to help him escape before he is killed by the assassin. Rose, by pretending it was she, and not the judge's wife, who called at St. Brice's, saves him. But Rose Verdere, who has been in the house, has been murdered. She hastens to Judge Malverne with Merdieu and Daubrac to report the tragedy.

CHAPTER VII.

A Terrible Ordeal.

FOR two days Fabreguette remained in his dungeon in the house in the Rue de Marboeuf.

At the end of that time Fabreguette after the man had gone Fabreguette

a trap for her; she had fallen into it, and he said harshly:

"So you do not know that Jacques is Monsieur de Saint-Brice's first name. That is strange, you must admit. The fact is, you and he are not lovers at all. Why have you deceived me?"

Rose burst into tears.

"But you would have killed him, and I wished to save him," cried poor Rose, quite forgetting that the exclamation was almost equivalent to the confession of falsehood the Magistrate was trying to extort from her.

"And have I not a right to kill them?" retorted M. de Malverne, fiercely. "Why should I not put an end to the life of the unworthy creature who brings disgrace upon an old and honored name? Why should I not drive my sword through the heart of the false friend who has so shamefully deceived me?"

"But they are innocent!" cried the terrified girl. "Saint-Brice is in love with me, not with her!"

She had been on the point of confessing all, but the threats of the infuriated husband checked the words that were

ROSE'S PLEA.



"BUT THEY ARE INNOCENT!" CRIED THE TERRIFIED GIRL.

contrived by means of some matches to set fire to the heavy wooden door of his cell. When the wood became weakened by fire he burst through it, burning his clothes, hands and face, and escaped to the street as the flames spread through the rest of the empty house.

He went straight to Merdieu's house, but found it locked. He saw the rope ladder and climbed up.

Meanwhile, Merdieu, with Daubrac and Rose had gone to the Judge's house. The last named couple remained in an anteroom while Merdieu was ushered into the Judge's study.

There, as briefly as possible, he told De Malverne what he knew of the murder of the Russian woman and also the story of St. Brice to question by begging the Judge how the girl had sought his protection when she was deprived of a home.

"I hear she is pretty," the Judge went on. "There is probably some man she loves. This man may even be connected with the assassin who killed the mother and child."

"Sir!" exclaimed Merdieu, struggling against his rising anger, "you will soon admit the injustice of these suspicions; and since you compel me to say it, I admit that Mlle. Verdere is an admirer, though not of the kind you seem to suppose. You can surely believe me, who love her and would give all I possess to win her love in return. But I could see that she was pleased with my friend, Albert Daubrac. He is young, fit."

"Though I have finished with you, I have not even begun with your friends, I must give them a hearing now, separately, of course. Will you, therefore, have the goodness to step into the next room where they are waiting, and where you, too, can wait while I question them, and may I ask you to send me, first, the daughter of the former keeper of the tower?"

This request, though politely expressed, was equivalent to an order, and Merdieu could only obey. So he passed into the adjoining room, where he found Daubrac and Rose Verdere in animated conversation. He even heard the concluding words of a sentence that sounded very much like an impassioned declaration of love.

Rose opened the door, entered the room, and closed the door after her. On seeing her, the Magistrate gave a start of surprise.

"So you are the daughter of the former keeper of the tower?" he asked coldly.

"Yes," faltered the girl.

"And Monsieur de Saint-Brice is the man you love?"

Rose, pale and trembling, averted her eyes without replying.

"One question now, How long have you known Jacques?"

"Since I was born," repeated the girl, in utter bewilderment.

She had no idea who was the individual referred to. The Judge had set

upon her lips.

"So you still persist in your absurd assertion," exclaimed the Judge, irritated by her persistence. "You forget that I have it in my power to summon those who will prove the falsity of it. And without waiting for Rose to reply, I wish de Malverne to see the girl who has been deceived by the man who has deceived Daubrac and Rose."

"Step in here, gentlemen!" he cried. "You are all here, and I can consequently speak of my position and feel at least under the denouement comes."

"Pardon me, sir," interrupted the surgeon, "but I have received a letter of instruction that a crime has been committed."

"I am no longer a Judge of Instruction," interposed Malverne. "My resignation will be handed in this evening. I am merely a deeply injured man, who desires proofs of the wrong that has been done him; and these proofs you can furnish. He went on to tell of the anonymous letter he had received concerning his wife and St. Brice; of his visit to the latter's house and his meeting with Rose."

"You, Rose!" exclaimed Merdieu, turning to the young girl. "There must be some mistake."

"What he says is perfectly true," replied Rose, in a choked voice.

"You, Rose!" continued the Judge, in a ringing voice. "You hesitate because you wish to spare the pain of saying in your presence 'A man I scarcely know is my sweetheart.' I have shamefully abused the hospitality of Monsieur de Merdieu; I have deceived Monsieur Daubrac, and I am unworthy of him."

"I have heard all!" she cried. "I am one of the wretches who wish to punish the wretched woman!"

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Man's Morning Toilet, Science Says, Requires Two and a Half Hours.



SHAVE AND TOILET 30 MINUTES.

HALF AN HOUR FOR BATH, 30 TO 45.

THE DOCTOR.

FIVE MINUTES FOR WORKINGMAN'S DRESS 6 TO 6.5.

EXERCISE AND BREAKFAST 1 1/2 HOURS.

AT THE OFFICE AT 10 O'CLOCK.

WORKINGMAN'S EXERCISE AND SMOKE.

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DR. J. W. SMITH, a St. Louis physician, lays down the rule that a man in order to begin his day scientifically correct should spend at least two and one-half hours at his morning toilet. His own schedule, in which he follows as closely as possible the dictates of science, is as follows:

Arises at 7.30.

At home at 7.45.

Quarter of an hour for shave.

Quarter of an hour for wash.

Half to three-quarters of an hour for breakfast.

Half an hour for exercise after breakfast.

Quarter of an hour for cigar and digestion.

Total, two hours and a half.

At office at 10 A. M.

Lunch, 1 to 2 P. M.

At home at 5 P. M.

Dinner, 6.30 P. M.

Retires 10.30 P. M.

"I am a believer in late sleeping," the doctor says. "The morning sleep is the sleep that does most toward putting the system in condition for the day's work. It is the sleep that rests the heart has gotten down to normal action. The circulation is at its best. An hour's sleep in the morning is worth two hours of the sleep of the night."

"The first thing to do is to take a hot bath. After that take a cold shower, a rub-down with a crash towel and then apply alcohol. The hot bath stimulates the circulation. It helps to eliminate from the pores any effete material that may be blocking them up."

"The cold shower dilates the arteries and vasculature and contracts the lymphatic glands. Between the two actions we have a perfect massage, with the mechanical stimulating effect of exercise and the chemical effect that comes through stimulating the lymphatic glands. The blood is not only aerated through the pores, as well as through the lungs, but the lymph takes up the poisons or the secretions that would otherwise get into the blood."

"The application of alcohol to the skin after a bath stimulates, strengthens and toughens the skin and removes the greasy material of the soap. Alcohol is an antiseptic. Clean underclothing should be donned every morning."

"The next thing after the bath is a thorough washing out of the mouth. Some antiseptic should be used like eucalypti or Listerine or common table salt, or baking soda. This should be very thorough, the teeth receiving a

good scrubbing.

Five minutes for the mouth-rinsing and ten minutes for the shave are followed by a walk of six or seven blocks to break up the circulation.

Then comes breakfast. No newspaper at the table. Thought of eating stimulates the flow of saliva necessary to digestion, and this should be the only thought. Besides, the flow of blood should be toward the stomach not the brain. But what you crave, Dr. Smith says, eat slowly and drink sparingly. Bite each mouthful 32 times as gladiators used to do, or better still 40 times as the doctor does.

"Now comes the time for taking exercise," says Dr. Smith, who in this respect differs from other health experts, these insisting that there should be no exercise for at least a half hour after eating. "A little walk or gymnastic work, the latter preferred, will do great things in stimulating rapid digestion. It aids the tissues in removing the nutritious substances from the food, and stimulates the muscles to complete the processes of digestion. When this is done the man goes to the office feeling vigorous and cheerful, not stuffy nor enervated, but in prime condition, with a healthful view of the world and ready to fight the day's battle manfully and to cope against the keenest of his kind."

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volving the same economic conditions, are given.

F. W. Baumhoff, Postmaster of St. Louis, follows this daily schedule:

Arises at 5.45 A. M.

Takes thirty minutes for bath, shave and dressing.

Fifteen minutes at morning paper.

Half an hour for breakfast.

Gets to work at 8 A. M.

Lunches from 12.30 to 1 P. M.

Quits at 5 P. M.

Supper at 6.

Retires at 10.

"I rarely get down town nights," said the Postmaster, "so I am able to retire reasonably early. This gives me sufficient sleep by 6.45 A. M. A doctor or a lawyer is not required to be at his office until others have disposed of their morning business and found leisure to visit them. But I am in the position of the average business man."

"I want to get an early start so that by the time people begin coming down town I may have disposed of the bulk of the day's routine and be ready to receive all who call. I find I can get through a lot more work when uninterrupted than after the dropping in begins."

David Kreyling, Secretary of the Trades and Labor Assembly, lives up to this schedule:

Arises at 6 A. M.

Shaves and bathes on Sundays. Mery washes on week days.

Half hour at toilet and breakfast.

At work at 7 A. M.

Home at 7 P. M.

Finished supper at 8 P. M.

Retires at 10 P. M.

"The average workman gets up at 6 A. M.," says Mr. Kreyling, "washes from collar band up, boils his food, grabs his dinner bucket and is on the car going to his work inside of thirty minutes. If he gets a full bath and a shave once a week he is doing well, considering the conditions under which he lives. He'll not sit down for supper much before 7 o'clock. It'll be 8 o'clock before he is done. He'll have to be in bed by 10 to get out at 6."

"The eight-hour day that union labor introduced was devised on the theory that man requires eight hours' sleep and eight hours' recreation. But I believe, with Dr. Smith, that more time

time given for bathing, eating and sleeping, would go to work in better condition to make their work worth enough more to their employers as counterbalance the time taken. I have noticed the men at noon time who have formed the habit of botching, and they bolt their lunches, though they have ample time in which to eat them properly."

"There is a great amount of unrest among laboring men that may be directly traced to their forced violations of the laws of health. A man who has jaundiced views of things is not going to do his work that a healthful man will do. There is a great moral effect in cleanliness. It breeds self-respect, without his best for himself or his employer. A half-hour between getting up and going to work is not enough."

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